

# Cub Scout Sports: Ice Skating



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

### Belt Loop

Complete these three requirements:

- \_\_\_\_\_ 1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment.
- \_\_\_\_\_ 2. Spend at least 30 minutes practicing the skills of skating.
- \_\_\_\_\_ 3. Go ice skating with a family member or den for at least three hours, in up to three one-hour outings. Chart your time.

### Sports Pin

Earn the Ice Skating belt loop and complete five of the following requirements:

- \_\_\_\_\_ 1. Participate in a pack or community ice skating event.
- \_\_\_\_\_ 2. Demonstrate how to sharpen your skates correctly.
- \_\_\_\_\_ 3. Demonstrate how to lace, assemble, and disassemble your skates correctly.
- \_\_\_\_\_ 4. On two different occasions, spend at least 15 minutes practicing warm-up exercises before 30 minutes of skating.

- \_\_\_\_\_ 5. Play a skating game on the ice.
- \_\_\_\_\_ 6. Learn and demonstrate two new figure-skating skills: forward swizzles, glides, backward swizzles, and backward wiggle.
- \_\_\_\_\_ 7. Demonstrate how to "start" in a speed skating race.
- \_\_\_\_\_ 8. Explain the difference between long-track and short-track speed skating.
- \_\_\_\_\_ 9. Participate in a skating skill development clinic.
- \_\_\_\_\_ 10. Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits?
- \_\_\_\_\_ 11. Play a game of ice hockey.
- \_\_\_\_\_ 12. Participate in a hockey skill development clinic.

The Ice Skating belt loop and pin include hockey, speedskating, and figure skating. See Roller Skating for information on roller blading and inline skating.

## Resources

### Ice Skating Institute of America

6000 Custer Road

Plano, TX 75023

Phone: 972-735-8800

Website: <http://www.skateisi.com>

### U.S. Speed Skating

5662 South 4800 West

Kearns, UT 84118

Phone: 801-417-5360

Website: <http://www.usspeedskating.org>

Your local library is an excellent source of information about skating. You can check with any skating centers in your area. There might also be a local skating club where you can obtain more information.

In addition to metric racing, the United States and Canada also skate pack-style long track, with up to eight skaters on the track.

### Short Track

- Is skated on standard (200-by-85-meter) or Olympic size (200-by-100-meter) hockey rinks
- Is skated on a track of 111 meters

Four to six skaters start on the line, with the first skater across the finish line declared the winner.

Races are skated from 500 meters to 3,000 meters for adults, with shorter races for children.

Long- and short-track skaters can begin their ice experience as early as 5 years old, while many adult skaters continue through their 60s and 70s.

## Types of Ice Skates

### Skating Rules

- Make sure your skates are laced firmly.
- Always watch where you are going.
- Skate in the same direction as everyone else.
- Do not skate too fast.
- Do not skate behind people and surprise them.
- Do not tease others who are learning to skate.

### Ice Skating Games

**Noncompetitive:** Racing on Ice, Relay Races, Sprint Races, and Lap Races.

**Competitive:** Skill Competitions, and Obstacle Course Skills Competition.

### Speed Skating on Ice

#### The World's Fastest Self-Propelled Sport

Ice speed skating is composed of two styles: **long-track** (metric) and **short-track** speed skating.

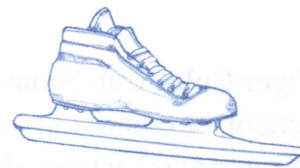
#### Long Track

- Is skated on a 400-meter oval
- Is a competition against the clock

Two skaters on the track compete for time in distances from 500 to 10,000 meters.



**Rink skate**



**Speed skate**



**Figure skate**



**Hockey skate**

This Cub Scout sports program was developed in cooperation with the Ice Skating Institute of America.